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of the Nurses' Bill must be the raising of the standard of training-schools. While in one sense this is an indirect result of the law, it is, nevertheless, one of its most beneficent results. When those desiring to enter the nursing profession learn that before they can stand an examination for the title of registered nurse they must take a course of training in a training-school maintaining a standard approved by the Regents of the University of the State of New York they will be very careful to enter only such schools as meet this requirement. In this way the correspondence schools and the so-called schools conducted by individual physicians with regard for their own convenience and with little regard for the future of the nurse will find great difficulty in securing recruits, and the tendency will be to either force them out of business or to compel them to increase their standards until they are schools in fact as well as in name.

No account of the movement to pass the Nurses' Bill is complete without a tribute to the skill, energy, and discretion with which the nurses of New York State went about securing the enactment of the desired law. Though having little experience in legislative matters, they readily adapted themselves to the rapidly changing situations, and every move of their opponents was met in a masterly manner. The strongest argument they could possibly advance in support of their contention that nurses were competent to act as their own examiners was made in a most practical manner when they demonstrated their ability to secure the passage of a law which many organized professions confined to men would have found great difficulty in securing. The self-sacrifice and devotion to the principle involved manifested by those nurses who were in charge of the legislative work deserve the highest praise, and it is not extravagant to say that the profession of nursing throughout the United States owes a debt of gratitude to those through whose efforts the bill was passed.

VISITING NURSES' SETTLEMENT, ORANGE, N. J.

OWING to certain changes which will take place in this settlement the first of May, it seems desirable to issue a brief statement of the work as it is and as it is to be. During the month of March over five hundred professional visits were made and a large number refused, owing to the limited number of nurses on duty. Forty-six dressings were made at the home, and a young invalid was received as a visitor for two weeks to recuperate from a serious illness. This month of active service makes the steady progress of the work of the Nurses' Settlement, which is now, as it ever has been, primarily the offering of hourly nursing to all classes

in this vicinity—to the poor for a small fee, to the destitute as a free gift, to the rich at market prices. The object, which has ever been sought, of making this work largely self-supporting has been more nearly realized the past year than ever before, which is another gratifying proof of progress.

While visiting nursing is the *raison d'être* for this house, the settlement idea is ever fostered, which is a spirit of neighborliness always alert to see where a helping hand may be extended. Not long since the need of a day nursery in the Valley was pointed out by the Bureau of Associated Charities. The Day Nursery Association of the Oranges decided to act on this suggestion, and appealed to the Nurses' Settlement for coöperation in establishing such a work. The property adjoining the settlement was accordingly secured, and is now available for a good laundry, a nursery which will accommodate twenty children, and five sleeping-rooms, which increased the somewhat crowded accommodations of the Nurses' Settlement. The Day Nursery Association has established this branch nursery and has placed it under the supervision of the head worker of the Nurses' Settlement; the nurse in charge is a recent graduate of the Orphan Home School.

Another and important addition has been made to the resident corps of workers, viz.: an instructor in domestic science, a graduate of Pratt Institute. This valuable acquisition has been brought about through coöperation with the Board of Governors of the Training-School. It has long been felt by this board that the opportunity given to pupil nurses for experience in practical cooking was deficient, and it was therefore recently decided to engage an instructor who shall reside at the Nurses' Settlement and give instruction and demonstration in the principles of dietetics as applied to adults, children, and infants, to be followed later by a more theoretical course in sick-room diet. The small settlement family, the children of the nursery, and the milk dispensary will furnish this opportunity to the pupil nurses in training. In the milk dispensary modified milk will be prepared according to physicians' formulæ under the supervision of the instructor. This dispensary will thus be of two-fold value,—to the nurse as a laboratory for practice, to mothers of moderate means as a depot for the best infants' food at cost prices. This plan was tried last summer and proved of great value. Koumyss, beef tea, and broths will also be furnished at cost prices to the sick poor, and special articles of diet may be ordered at special prices.

Another new and pleasant feature in the life of the household is the adoption of one of the bedrooms by the Guild of St. Barnabas. This room has been attractively furnished by an associate of this guild and rented by the guild to be kept for the exclusive use of any member who

may wish to come here for rest or study, paying a small weekly board. One nurse has already used this room.

The corps of active workers now consists of the head worker, who has supervision of all work carried on from or in the house; her assistant, whose duty is to carefully instruct pupils in visiting nursing; an instructor in domestic science; nurse for day nursery; four nurses in training and deaconess from S. Faith's in training. This corps is sufficient for the ordinary demands made on the settlement with one exception, and this is a very definite need yet to be supplied—a graduate nurse for the care of chronic, septic, and infectious cases. The experience of the past three years very clearly proves the demand for such service, and also that a nurse should be detailed *exclusively* for this work. Visiting nursing is done at present almost entirely by pupil nurses who are sent to the settlement especially for the opportunity offered for experience in maternity nursing; they cannot, therefore, be sent to infectious cases. This class of the needy sick particularly appeal to the ministrations of skilled nursing, and a nurse could be constantly employed among such cases, bringing untold comfort to the suffering and infirm. Lack of means is the only reason for not immediately establishing such a graduate nurse. If there is an individual or a society which would be willing to remove this obstacle and support such a nurse, who would be known by a name designated by the benefactor, we would very gladly furnish all necessary information.

In concluding this brief statement we wish to gratefully acknowledge the interest and sympathy manifested by the many friends of this work and ask for its future continuance, and beg that this special need for another graduate nurse for chronic and infectious cases may be brought to the notice of those likely to take the matter into serious consideration.

MARGARET H. PIERSON,

MARGARET M. ANDERSON, Head Worker.

SUGGESTIONS TO THE NIGHT NURSE

By ADAH H. PATTERSON

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THIS is the time of the year which is particularly trying to the night nurse, when all nature in the morning is calling us to come out and live, and the poor night nurse has to go to her room and sleep.

It occurred to me that the following suggestions might be of help to someone who is not a natural-born night-bird: